pam (B) / LAM

WILLIAM LAMBE, M.D.

F.R.C.P., Fellow of St. John's College, Cambridge

A PIONEER OF REFORMED DIET

A MEMOIR

BY

H. SAXE WYNDHAM

Author of *The Life of Sir Arthur Sullivan*, *The Annals of Covent Garden Theatre*, etc.

1940

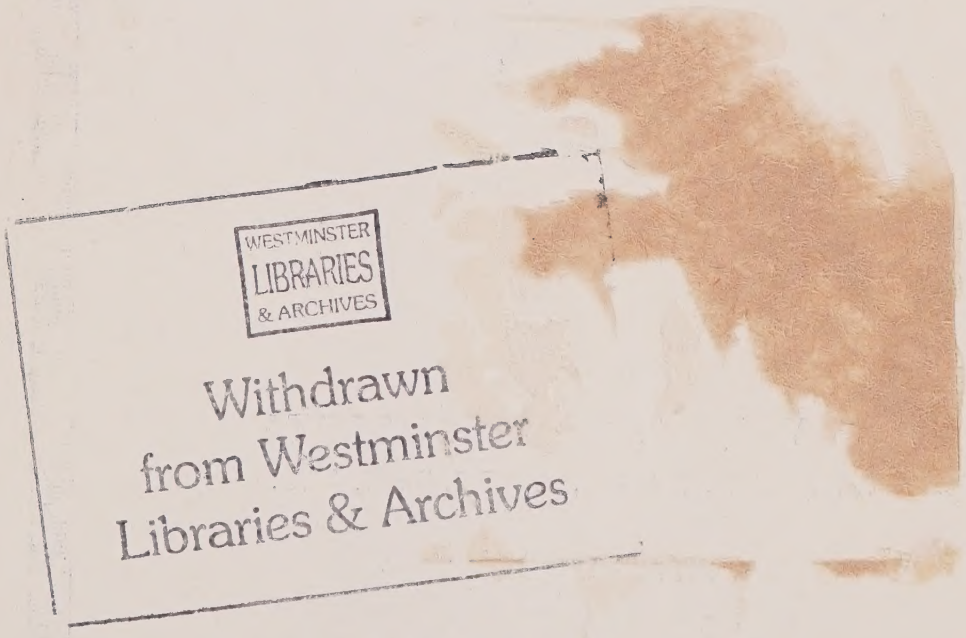
LONDON VEGETARIAN SOCIETY

17 JOHN ADAM STREET, ADELPHI, W.C.2

SIXPENCE

610.92 LAMBE

RECORDED ISSUE


WESTMINSTER
LIBRARIES
& ARCHIVES
Withdrawn
from Westminster
Libraries & Archives

22501452601

X50662657X/840

WILLIAM LAMBE

AT TWENTY-TWO YEARS OF AGE

(FROM A SILHOUETTE IN THE POSSESSION OF THE AUTHOR)

Wellcome Library
for the History
and Understanding
of Medicine

PREFACE

THE life of Dr. William Lambe should have been undertaken by a competent biographer, preferably of his own profession, at least seventy years ago. Nearly all his children were then still alive, and in all probability some at least of his papers and correspondence were still in existence. The "Life" by Mr. Hare[1] falls woefully short of its subject. It is surprising that none of the societies and associations, here or in the United States, that exist for the promotion of the vegetarian cult thought it worth their while to collect some data upon the subject until now.

It is a curious coincidence that when the MS. of the present little work was almost complete, the writer picked up in the fourpenny box of a bookseller's shop a book the existence of which he had not suspected, viz., a second octavo edition of Newton's "Return to Nature, or Defence of Vegetable Regimen," incorporated with a reprint of "The Life of Wm. Lambe" and published as lately as 1897 by the Ideal Publishing Union at the Memorial Hall, Farringdon Street, as one of a series entitled "The Vegetarian Jubilee Library". It is impossible to say what sort of reception this book had from the public, but it encourages one to hope that, to-day, forty years later, the present work may still find some readers.

Possibly the most valuable and significant modern recognition of Dr. Lambe's eminence as a man of science and original thought is that accorded to him in Howard Williams's "The Ethics of Diet" (Abridged Edit., 1907). He speaks of him as "one of the most distinguished and scientific promoters of the reformed regimen. He divides with his predecessor Dr. Cheyne, the honour of being the founder of scientific dietetics in this country." Mr. Williams goes on to quote extensively from Lambe's "Additional Reports" his description of his own prolonged ill-health and his adoption of a non-flesh diet as a last resort. He further points out that Lambe suffered the unpopularity that accompanies all reformers, more particularly those whose heretical opinions differ from their professional brethren in science, in art, or in research of any kind.

[1] "The Life of William Lambe, M.D., Fellow of the Royal College of Physicians," by E. Hare, C.S.I. Published by F. Pitman, Paternoster Row, London, 1873.

I have had kind assistance in my task from many willing helpers:

Sir Robert Forsyth Scott, Master of St. John's College, Cambridge.
H. M. Barlow, Esq., Secretary, Royal College of Physicians.
Dr. J. H. E. Crees, Cathedral School, Hereford.
The late Thos. J. Wise, Esq., a famous collector and bibliographer.
Chas. R. Hewitt, Esq., Chief Librarian, Wellcome Historical Medical Musem.
Robert Wright, Esq., Town Clerk, Warwick.
The late Roger Ingpen, Esq., author of " Shelley in England."
A. Dickenson, Esq., Leamington Spa.
Edmund Blunden, Esq., whose classic " Life " of Leigh Hunt is known to all.
J. Corbett, Esq., private secretary to the Marquess of Crewe, by whose kind permission the letters of Keats in the collection at Crewe House were searched.
Stephen Wheeler, Esq., editor of Landor's poems.
T. Lloyd Evans, Esq., editor of the *Warwick and Warwickshire Advertiser.*
W. Reton Oldham, Esq., Leamington Spa.
H. J. T. Adams, Esq., Curator, The Museum, Warwick.
Dr. Hubert Tibbits, of Warwick.
Thos. J. Billinge, Esq., Librarian, Manchester Public Libraries.
Miss Mary H. Watson, Assistant Secretary, Manchester Literary and Philosophical Society.
Lionel Walford, Esq., Town Clerk, Borough of Holborn.
Miss Mary Rayner, who kindly made a clean copy of my untidy script.

H.S.W.

BIBLIOGRAPHY OF WORKS CONSULTED

" The Life of William Lambe, M.D., Fellow of the Royal College of Physicians," by E. Hare, C.S.I., Inspector General of Hospitals, 1873.
Howard Williams's " The Ethics of Diet," Abridged Edit., 1907.
Hogg's " Life of Shelley."
Forster's " Life of Landor."
" Dictionary of National Biography."
Newton's " Return to Nature," London, 1811.
Colvin's " Life of Keats."
Amy Lowell's " Life of Keats."
Munk's " Roll of the Royal College of Physicians," III, 17, 18.
Dowden's " Life of Shelley."
Shelley's notes to " Queen Mab."
Wm. S. Childe-Pemberton's " Elizabeth Blount and Henry VIII," London, 1913.

{ 613.26
610.92 LAMBE
2

CHAPTER I

IF we may believe the somewhat nebulous account given in an old edition of Burke's "Landed Gentry," the family of Lambe, doubtless of a sufficiently respectable antiquity, is of Flemish origin and is descended from one Lambin, a Fleming, who owned a house in Lambe Lane, near the High Street, Canterbury. In the year 1236, the twentieth year of the reign of Henry the Third, a certain Lambin de Langham held the Manor of Lambin in the parish of Rolveden in the County of Kent, and John Lambin was Sheriff of London in 1313. The estate of Lambyn, or Lamvin, was sold to a family named Holden in Edward the Third's reign, and in 1470 William Lambe, of Chart, in the same County, made his will. Later on we come to firmer ground and less shadowy personages, for a William Lambe, born at Sutton Valence, Kent, founded a free grammar school there, erected almshouses and founded other extensive charities. This gentleman left certain property to the Worshipful Company of Clothworkers still owned by that Guild at the present day. Stow says that he became "gentleman of the chapel" to Henry the Eighth and a great favourite of that monarch. His London residence in Cripplegate and the Chapel of St. James, Islington, granted him by King Henry, were part of his bequest to the Guild and we may conclude that he was a typical example of the merchant princes of London to whose far-sighted benevolence so many City Guilds to-day owe their wealth and liberal traditions. He died in 1577 and was buried in St. Faith's Church,[1] under St. Paul's, where his tomb bore the inscription:

O Lambe of God
Which since dist take away
And (as a Lambe)
Was offered up for sinn
Where I (poor Lambe)
Went from Flocke astray
Yet thou (Good Lord)
Vouchsafe thy Lambe to winne
Home to thy fold
And hold thy Lambe therein
That at the day when
Lambes and Goats shall sever
Of thy choice Lambes
Lambe may be one for ever.

[1] St. Faith's was destroyed in the Great Fire, 1666.

This William was responsible, shortly before his death, for the construction of a conduit which brought a supply of pure water to the City of London, which was called ' Lambe's conduit ' and gave that name by which a street turning northwards out of Holborn is known to this day. If we may safely assume his relationship to the physician of the eighteenth and nineteenth centuries, it was perhaps an inherited bias that led Dr. Lambe at a later day to devote much of his time to investigating the properties of water. Burke is also responsible for the statement that the arms borne by this William Lambe and carved upon the front of the almshouses he founded were the same as those of the Herefordshire Lambes and of a family of Lambs living in Suffolk in 1559.[1] There was another branch of the Kentish root, represented by one Peniston Lambe, an ancestor of the famous Viscount Melbourne, first Prime Minister to Queen Victoria, who also bore similar ensigns, thus, says Burke, making the Kentish family the source from which the different branches took their origin.

We must now perforce skip a generation or two until we come to William Lambe, a barrister of Lincoln's Inn, who became the purchaser of Bidney in the parish of Dilwyn, Herefordshire, in 1661, during the reign of Charles II. His wife, Margaret Childe, was the eldest daughter of Sir William Childe, Knt., LL.D., Master in Chancery, of Kinlet Hall, Shropshire. This worthy, who was a nephew of Lord Keeper Coventry on his mother's side, was a prosperous lawyer, although born a portionless younger son of an ancient Worcestershire family which had been heavily fined during and after the Civil War. He had, in right of his wife, become possessor of the estate of Kinlet, a property belonging to the illustrious Roman Catholic family of Blount from the time of the Domesday Book until it came to Sir George Blount, who died in 1581 and settled it on his nephew Roland Lacon, a surname that for 350 years was to appear regularly as a baptismal name in the allied family of Lambe. Roland Lacon, his son Sir Francis, and his grandson, another Roland, held it for their lives and on the latter's death it descended to Anne Lacon, who at the age of twelve married in 1640 the ancestor of William Lambe, Sir William Childe, and became a grandmother before she was 30! The latter had secured the little heiress in an unconventional manner, particularly so for one who was to become a Master in Chancery. He was on a visit to her father, the owner of Kinlet, and, being doubtless a young man of considerable enterprise and possible fascinations, he persuaded the only daughter and heiress of his host to walk over to Highly Church, where the vicar married them. And so in due course the estate of Kinlet fell to the Childes, whose descendants still dwell there.

[1] *Vide* Appendix I.

The eldest child of this union, Margaret, became Mrs. William Lambe, of Bidney, near Dilwyn, and great-grandmother of the Dr. William Lambe with whom this memoir is more particularly concerned. The two generations between were not especially noticeable, but our Doctor William's father, Lacon Lambe, married as his second wife Elizabeth Berington, daughter of John Berington, of Winsley and Devereux Wootton, by his wife Winifred, daughter of John Hornyold, of Blackmore Park, Worcester, two famous Worcestershire families belonging to the Roman Catholic faith, whereas the Lambes were Protestants. There is no evidence extant as to how the religious difficulties were evaded, but certain it is that the four children, Lacon the heir who died unmarried, William his doctor brother (fifth of the name in a direct line, born in 1765, who succeeded to his father's Dilwyn estate), John and David were Protestant. Having traced the family forbears down to its most interesting member, we will endeavour to relate our subject's own career, as far as the story has come down to us.[1]

William Lambe was born on the 26th February, 1765, in St. Peter's parish, Hereford,[2] his father Lacon having succeeded to the family property at Bidney on his uncle's death from an accident fourteen years before. He was sent to Hereford Grammar School, of which he became head boy, and on the 14th March, 1782, he became a Scholar of St. John's College, Cambridge, on the foundation of the Duchess of Somerset, for which boys from Hereford School had preference, where at the age of twenty-one he took his B.A. degree in 1786 as fourth Wrangler of his year.[3] In 1788 he was admitted Fellow of his College, and in 1789 he became M.A. and took his medical degree of M.B. After obtaining his fellowship of St. John's, which doubtless carried with it residence in college, he continued to live in Cambridge until his marriage in 1794, and of these six years of his young manhood there is unfortunately no record extant. But that he made the most of his opportunities we can entertain no doubt, viewing his after career and knowing as we do what manner of man he became. In the *Cambridge Chronicle* of 8th March, 1794, occurs an entry announcing his marriage the previous week at Warwick to Miss Welsh, daughter of Captain John Welsh. Of the parentage of this lady, Harriet Mary Welsh, other than the scanty information given we have no details, but Burke mentions her father as " of Warwick and afterward of Plymstock, Co. Devon."

[1] " The Life of William Lambe," by E. Hare, C.S.I. Published by F. Pitman, Paternoster Row, London, 1873.

[2] From the inscription on his tombstone in Dilwyn churchyard.

[3] His most illustrious contemporary at Cambridge was William Wordsworth, who entered St. John's in 1787.

Upon his marriage Dr. Lambe naturally vacated his Fellowship, and very soon afterwards the young doctor and his bride took up their residence at Warwick where, upon the authority of John Forster's " Life of Landor," we learn that he succeeded to the practice of Dr. Landor, a circumstance of considerable interest since Dr. Landor was the father of a large family of sons and daughters the eldest of whom was the illustrious writer and poet, Walter Savage Landor. The Landors were an old Staffordshire family and Walter's brother Robert, writing to John Forster his famous brother's biographer, said it was not unusual for the eldest sons of private (i.e., landed) gentry to engage in some profession during their father's lifetime. Be that as it may, Dr. Landor, at the time of William Lambe's taking over his practice at Warwick, had been leading physician in the town for fifteen or twenty years. His son Walter was ten years younger than William Lambe and had been born in " the best house in the town facing to the street, but overshadowed at the back by old chestnuts and elms ". This was a house that must have been very familiar to Dr. Lambe after his predecessor's retirement, and Landor, writing sixty years later from that very house, describes the joy with which he had seen it again " with its old mulberry trees, its grand cedars, the chestnut wood with the Church appearing through it, and the figtree at the window on whose leaves soft rain was falling." There must have ensued a considerable intimacy between the two families, for the fiery young poet, who went up to Oxford at eighteen years of age in 1793 and was already known as the author of " Gebir " (a poem considered by his contemporary Robert Southey to be " in the first rank of English poetry "), had, says Forster, " for him [Wm. Lambe] and his pretty wife . . . a strong liking."

Two other notable personages were also included among Lambe's Warwickshire friends, the celebrated Dr. Samuel Parr, one of the first scholars in Europe of his day and yet who was, as Sydney Smith said, " languishing on a little paltry curacy in Warwickshire," and William Rough. The Rev. Dr. Parr owed his immense reputation not merely to his brilliant scholarship and profound learning but to his intimate friendship with the greatest statesmen of the time; " to the eager politician he was the friend of Fox and Grey, to the young adventurer in literature he had the charm of association with a greater Samuel, the chief of English men of letters, who had lately passed away."[1] Dr. J. Johnstone, F.R.S., in his edition of Dr. Parr's works (Vol. 7, p. 10), writes: " Dr. William Lambe, of Warwick, became early a friend of Dr. Parr. When Leamington was set afloat by the exertions and publications of Dr. Lambe, they

[1] Forster's " Landor."

were necessarily brought much together," and he quotes Parr's eulogy of him as " a man of learning, a man of science, a man of genius, a man of distinguished integrity and honour and my highly-valued friend." Mr. Hare rightly concludes that it was no ordinary man who could earn such unstinted praise from his illustrious contemporary.

Samuel Parr had lived since 1783 at Hatton, a retired village on an eminence two or three miles from Warwick on the Birmingham road, to the " perpetual curacy " of which Lady Trafford had presented him. He was a poor man when he went there; but when more prosperous days came to him he was too fond of the place to leave it, and there he died. At the small brick parsonage he built out a good-sized library, and this became at least his dining-room also, where not seldom, at his frequent festivities, " neither books nor friends were visible for the clouds of tobacco that rose and enveloped them from his morning, afternoon and evening pipes."[1] Forster says that he lisped, and spoke in a pompous manner and that a corpulent figure made his eccentric dress more noticeable, and Sydney Smith remarked upon his famous adumbrating wig " which swelled out behind into boundless convexity of frizz." With all this eccentricity there is a general agreement by his friends that, in addition to his extraordinary mental powers, Parr was at bottom a very kindly and a simple man and, we may suspect, possessed of a real genius for friendship.[2]

We may easily form an idea of the scene that must have often presented itself in that cosy, smoky den of the old parson-scholar in the remote Warwickshire village during the stormy years that, from 1789 onwards, at home and on the continent, left Europe battered and shaken to the core, and which doubtless furnished much food for discussion and foreboding to the four curiously assorted cronies. The bachelor host Parr, with his large and untidy person, the spare, short-sighted stooping figure of the Warwick physician, who had probably footed it from the town three miles away, the brilliant young poet, already showing evidence of that intolerance of discipline and heterodoxy of spirit which bore such plentiful fruit in his long life, and the fourth member of the party, Landor's friend William Rough, a young graduate of Trinity College, Cambridge, who was known for his radical opinions and had become a fervent admirer of Landor's youthful poems and opinions. William Rough (1772–1838) was educated at Westminster School and Trinity College, Cambridge. He became B.A. in 1796 and during his University career was a friend of Coleridge and

[1] Forster's " Landor." [2] *Vide* Appendix II.

Christopher Wordsworth. He subsequently became a barrister of the Inner Temple and practised on the Midland Circuit. In 1802 he married a natural daughter of the celebrated John Wilkes and became a judge in Ceylon, where he died. His writings and poems were numerous but undistinguished.[1] Mr. Rough had, it appears, been given an introductory letter from Henry Landor to Dr. Lambe "who is represented to me to be a man on many accounts worth knowing."[1] Parr was at this time in the fifties, Lambe was in the early thirties, while Landor and Rough were young undergraduates of twenty and twenty-three years of age, respectively. Rough writes to a friend: "You know, I suppose, that Lambe and myself dined at Parr's, and that he was very communicative and good-humoured; and I had enough talk with Lambe to assure myself that he is no ordinary man. His wife, as you say, is an angel."

Apparently, the first published work[3] of Dr. Lambe appeared about this period, in 1797, in the shape of an account of the springs of the neighbouring village of Leamington, the which having carefully studied and analysed, he described the results in the fifth volume of the "Transactions" of the Philosophical Society of Manchester. This learned body, comprising such famous scientists, as Priestley, Dalton and Watt, was, says Mr. Hare, "not perhaps inferior to any contemporary association in Europe." It is happily still in flourishing existence and the writer is indebted to the Society for a copy of the original edition of Dr. Lambe's paper.[4] The description of his experiments and their results occupies forty pages octavo, and is altogether of too technical a nature to be of interest to the general reader. Indeed, the layman reflects—with increased respect for the medical and chemical professions—upon the remarkable and undoubted fact that, following the publication of these dry-as-dust descriptions and at no great space of time, the fame of the virtues of the "Lemington Springs" spread with great rapidity, and "Lemington Priors," which Lambe himself describes as "a village two miles east of the town of Warwick" in 1797, had, fifteen years later, in 1812, risen sufficiently in importance to justify the publication of a guide-book printed in Birmingham, that enjoyed enough popularity to run to a second edition. It is only fair to record the names of the reputed original discoverer of the waters, a village cobbler named Ben Satchwell[5] who lived towards the end of the eighteenth century, and of certain other eminent medical men who by their research

[1] *Vide* Appendix III. [2] Forster's "Landor."
[3] "Researches into the Properties of Spring Water," afterwards reissued in 8vo. 1803.
[4] Now in the Public Library, Hereford. [5] *Vide* Appendix IV.

and recommendation promoted the rising fame of the newly-found springs, particularly Dr. Jephson, after whom the beautiful public gardens of Leamington are named.

Leamington is now, thanks in great part to the researches of Lambe, a flourishing and popular watering place, but with singular ingratitude the citizens of the successful Spa have completely forgotten—or at least have failed to accord any public recognition of—the part he played in bringing about that prosperity. In the early part of the nineteenth century this was not the case. It is satisfactory to record that the earlier inhabitants of Leamington were not unmindful of the material benefit resulting to their town from Dr. Lambe's researches. In the guide-book previously referred to, published at Birmingham and entitled " A Local and Literary Account of Leamington, Warwick and Birmingham, by Mr. Pratt," on page 3, there is this note:

> In part of Dr. Middleton's pamphlet, the valuable productions of Dr. Lambe are recommended in the following terms: " Until the time of Dr. Lambe's analysis in 1797, neither the village of Leamington Priors, nor the Mineral springs, for which it is now so deservedly famous, were much known, or much noticed. It is true that the waters had been slightly mentioned by most of our older writers, but their reputation had extended only to the country people in the neighbourhood, who flocked in numbers, every day, to drink at the common spring. Upon the appearance, however, of Dr. Lambe's papers, in the Manchester Memoirs [of the Manchester Philosophical Society, Vol. V], they began to excite attention; and their efficacy being acknowledged by Dr. Kerr and Dr. Johnstone they rapidly gained ground in the public estimation."

We know from Dr. Lambe's writings that it was largely due to his own ill-health that he was led to enquire into the possible causation and cure of certain diseases by the use and disuse of what we now know as " company's water ", and the adoption of a vegetable diet. The pamphlet about his life by Mr. Hare printed by the *Dietetic Reformer*—published, as it was, partly as propaganda for vegetarianism and partly perhaps for the information of the medical profession—gives in great detail the symptoms of ill-health that lasted from his eighteenth year, i.e., when he was studying at Cambridge, until 1806, at forty-one years of age, when he determined to confine himself wholly to vegetable food and (what was in his eyes of equal importance) distilled water. In August 1813 he was able to state that " his only subject of repentance with regard to it has been that it had not been adopted much earlier in life. He never found the smallest real ill-consequences from this change. He neither sunk in strength, in flesh, nor in spirits. He was at all times of a very thin and slender habit and so he has continued to be, but upon the whole he has rather gained than lost flesh." During his sojourn

in Warwick[1] his eldest child Harriet was born in the parish of St. Nicholas at the close of the year 1794. Two years later a second child, his daughter Mary, was born in the same parish, and in 1797 a son, Lacon William, was added to his rapidly increasing responsibilities.

Dr. Lambe, attracted partly perhaps by the better opportunties for research, and partly also by the need of a greater field for the exercise of his talents as a medical man and a richer circle of patients to provide for the needs of his young family, left Warwick some time after 1803 with his wife and children and migrated to London. The children who accompanied him were his eldest boy Lacon William, who afterwards also entered the medical profession ; his eldest girl Harriet, who became Mme. de Boinville ; Mary, later Mrs. Bannister, wife of Saxe Bannister, a barrister of Lincoln's Inn, who belonged to a Sussex family living in the neighbourhood of Steyning; Anne, afterwards Mme. Aymard, born in 1800; and Augusta, the youngest, who was born during his residence in Warwick on 4th July, 1801.[2] He took up his London residence in No. 2 King's Road (now No. 14 Theobald's Road), Bedford Row, but later, feeling the need of better air for his young children, he moved out to what was then the pleasant suburban village of Kentish Town, retaining only a consulting room in King's Road.[3] Here he attended three times a week and it is recorded of him that with characteristic goodness of heart he had many needy persons among his patients, from whom he steadfastly refused to accept any fees. Shortly after coming to London he took his M.D. degree, and on the 22nd December, 1804, he was admitted a Fellow of the Royal College of Physicians, then, as now, possibly the highest honour that the Faculty of Medicine has it in its power to bestow.

[1] The writer recently visited Warwick to identify, if possible, the residence occupied by Dr. Lambe. If, as seems probable, Dr. Landor ceased practice on his successor's arrival, he may have vacated his house and let it to Lambe; but Dr. Landor's name, or that of his famous son Walter, appears in the rate-books during the whole term of Dr. Lambe's residence in Warwick. The house, a fine old late seventeenth or early eighteenth century building near the East Gate, is still standing, and is used as a girls' school. It is much altered in the interior and bears a tablet with the somewhat inadequate inscription, " Landor Born 1775 " over the entrance.

[2] *Vide* Appendix V.

[3] It may be noted that Dr. Lambe's consulting rooms were but two doors away from one of the various houses claiming to be the birthplace of Benjamin Disraeli. It seems fairly certain that the elder Disraeli was in later years a near neighbour of the Doctor.

DR. WILLIAM LAMBE

AT PAST EIGHTY YEARS OF AGE

(FROM A DAGUERREOTYPE)

CHAPTER II

DR. LAMBE'S first years in his new surroundings were unhappily marked in 1804 by a calamity that befell him in the loss of his young wife, who by her charm and goodness had greatly endeared herself to his circle of friends. He writes that " at this period the scarlet fever appeared in my family, which proved fatal to one of my children [Elizabeth]; and the mother, oppressed with fatigue, anxiety and grief, was seized with it. Her delicate frame withstood its violence only two days, when her spotless and tender spirit was received into the bosom of her God." There is a touching description of the sad event by Landor, immortalised in a short poem published in a small collection of verses at Bath in 1806 and entitled " Simonidea."

Forster writes of the death of the poor young mother: " The wife of the young physician who had succeeded to his father's [Dr. Landor's] practice in Warwick, the Angel of his [Walter's] early letters, died so suddenly that he had not even heard of her illness, and now first read of it in a newspaper." Her infant daughter and herself had died together. Walter writes to Parr (at whose house the friends had often met):

> Poor Lambe ! Poor Lambe ! Poor little Elizabeth and her mother, now indeed divine, what hours we have passed together—hours never to return or to produce their likeness in this world! In vain have I tried every species of amusement. Her image rises up everywhere before me. I sicken at the sight of beauty. Did she not treat me as a brother? Did she ever call me by more than one name ? The sound of Walter was the sweetest of sounds. Pardon me, I will acknowledge it, she made me think myself a virtuous and great man. Certainly I never left her company, but I was more happy and more deserving of happiness. It was a shock from which I have not yet recovered, and which I shall feel, I believe, for ever.

The poem is entitled " On the Dead ", and in a Preface to " Simonidea " he says: " The first [poem] was written on seeing unexpectedly in public prints, and in a public room, the death of a most exemplary woman; who was married to the wisest and best man it was ever my happiness to know." It runs:

> Again, my soul, sustain thy mournful page.
> Is there no difference? none of place? of age?
> How the words tremble, how the lines unite,
> What dim confusion floats before my sight !
> Thrice happy strangers, to whose roving eyes
> Unwet with tears these public columns rise,
> Whate'er the changeful world contains of new,

These are events the least observed by you,
O Lambe, my early guide, my guardian friend.
Must their own pleasures, their own purposes end?
All that could swell thy heart, thy soul elate,
Heaven gave; but pond'ring found one gift too great
When marble cold her meek Eliza lay
Was this the hour to snatch thy love away?
When the fond mother claspt her fevered child
Death hailed the omen, waved his dart and smiled,
Nor unobserved his lengthened wings o'erspread
With deeper darkness each devoted head.
What now avails thee, what availed thee then
To shine in science o'er the sons of men,
Each varying plant, each tortuous root, to know
How latent pests from lucid waters flow,
All the deep bosom of the earth contains,
Fire's parent strength and earth's prolific veins,
The last unwelcome lesson teaches this:
Frail are alike our knowledge and our bliss.
Against the storms of fate and throbs of pain
Wisdom is impotent and virtue vain.
What sacred horrors thrill this altered soul,
What radiant finger points out heaven's decree?
'Tis thou bright angel, and I bend to thee.
No blushes now that well-earned name can raise,
Nor canst thou longer shrink from mortal praise.
I feel thy smile of pure celestial love
Repress our sorrows, our complaints reprove.
Thy bliss forbids us to indulge our woes
And checks each sigh that breathes, each tear that flows,
'Ere the fresh turf hath closed around thy tomb
Nor thine, nor ours, will seem the hardest doom.
Let those who knew thee, spare thy sacred sleep;
Those who have never known thee, those may weep.

Whatever defects of quality the lines may possess, their sincerity is evident. The little book in which they appear until some twenty-eight years ago was not known to exist, since when several copies have come to light; but it is still extremely rare and therefore of some value.

Among Dr. Lambe's friends whilst he sojourned in Kentish Town was another Herefordshire neighbour, Henry Matthews, a charming and cultured man who subsequently, in 1820, achieved a certain literary reputation by the publication of a book of travel entitled the " Diary of an Invalid," which ran through five editions. He had for some time been paying court to a Miss Emma Blount, a niece of Dr. Lambe. The young lady came to live with her uncle, and thenceforth Mr. Henry Matthews became very naturally a frequent visitor. In 1821 he received a much coveted colonial appointment, that of Advocate Fiscal in Ceylon, which enabled him to make a proposal of marriage. In due course this took place from Dr. Lambe's house and the young couple left England.

Later on he became Puisne Judge, a position he did not live long to enjoy, as he died in 1828. The only son of this marriage, Henry Matthews, born in 1826, became a well known barrister and K.C. in the last century. He entered the House of Commons as member for Dungarvan and subsequently for East Birmingham, becoming Home Secretary in Lord Salisbury's Government. In 1895 he became a member of the House of Peers, as Viscount Llandaff, and died unmarried in 1913, aged 86.[1]

Lambe, in 1805, was consulted professionally by a gentleman of about his own age, a Mr. John Frank Newton (1767–1837), a native of St. Christopher in the West Indies, and a man of considerable attainments. He was educated at Harrow and Christ Church, Oxford, where he became a friend of George Canning, the future Prime Minister, and other notable persons. His health was indifferent for he was a terrible sufferer from asthma. In 1805 he was residing in Herefordshire, and Lambe's book on the " Origin of Constitutional Disease " had come under his notice. This led him to the use of distilled water and, acting on Dr. Lambe's advice three years later (Professor Dowden says " since 1809 "),[2] he became a strict vegetarian. He introduced the régime to his young family with excellent results, and so much impressed was he by his friend's theories that in 1811 he published a work entitled " Return to Nature, or Defence of Vegetable Regimen," planned in four parts, of which however only the first appeared. The book had some success and attracted a certain amount of public attention, although it was not an especially able piece of writing, nor did it display any great learning. It is dedicated to Dr. Lambe in the following terms :

To William Lambe, M.D., Fellow of the College of Physicians.

My dear Sir,

Much has been said, and justly too, in ridicule of dedications and prefaces; but never was a book more properly inscribed by one man to another than this little volume on vegetable diet to you, by a person who owes to your important discovery so great an advantage as the enjoyment of health.

Convinced as I now am, not only by my exemption from attacks of the complaint under which I laboured, but by the improvement of my spirits and comfortable sensations, that a vegetable regimen and the use of distilled water have conquered a chronic illness with which I had been from childhood afflicted, allow me to lay on your table this feeble attempt to render more generally known a medical discovery which, I am confident, will place your name at some future and perhaps no distant period at the head of your profession.

I remain always, my dear Sir,

Most sincerely yours,

Chester Street,
24th April, 1811.

JOHN FRANK NEWTON.

[1] *Vide* Appendix VI.

[2] Dowden's " Life of Shelley," Vol. I, p. 308; but, writing in the *Humane Review*, Dr. W. E. A. Axon mentions the date (we think, correctly) as 1808.

The book mentioned did Newton conspicuous service, for it brought him into contact with some of the more advanced thinkers of the day, among them William Godwin, the celebrated political writer, and through him with that amazing young man, not yet Godwin's son-in-law, Percy Bysshe Shelley. His poem "Queen Mab," upon the authority of Mr. Thomas Hutchinson,[1] was probably written during the same year and was published as "a philosophical poem with notes" in London in the summer of 1813. The work contains constant reference to the poet's furious endorsement of vegetarianism, and to his eager anticipations for mankind in relation to the lower animals in a happier age when

> No longer now
> He slays the lamb who looks him in the face,
> And horribly devours its mangled flesh,
> Which, still avenging Nature's broken law,
> Kindled all putrid humours in his frame.

In his notes upon the poem, still more succinctly does he seek to prove that the doctrine of the Fall of Man as described in the Book of Genesis bore reference to his forsaking the "path of nature" and adopting an "unnatural diet." A lengthy extract from Newton's "Defence of Vegetable Regimen" follows, with occasional reference to Lambe's "Reports on Cancer." Later in the essay Shelley refers to the fact that "seventeen persons of all ages [the families of Dr. Lambe and Mr. Newton] have lived for seven years on this diet without a death, and almost without the slightest illness." It is perhaps worth noting that Newton not only became a sincere and practising vegetarian, but was so far in advance of his century that he advocated—at any rate for his children—the practice of nudism, an amusing reference to which is made in Hogg's "Life of Shelley." We know that Shelley at the time of his first meeting with Newton, which was in November 1812, had already, with his wife Harriet, for some eight months become converted to the practice of vegetarianism.

It is a probable assumption that the happy chance which in November, 1812, led to Shelley making the acquaintance of the charming and cultured Newton household in Chester Street, Grosvenor Square, was also responsible for Dr. Lambe's subsequent friendship with the young poet, who had read the "Return to Nature" (published in 1811) with enthusiasm and delight and would naturally have been anxious to meet the physician whose precept and example had first set Newton's mind aflame for the new cult and to whom the work itself was dedicated. Shelley, who did nothing by halves, had adopted vegetarianism with the

[1] "The Complete Poetical Works of Percy Bysshe Shelley," Oxford University Press, 1929.

pious zeal of the newly-converted. He had long before this been utterly careless in regard to matters concerning food. Vegetables, salads, sweets and puddings were acceptable, and bread was for him the veritable staff of life. While walking in London, we read, he would suddenly run into a baker's shop, purchase a loaf, and, breaking it in half, offer part to any companion with whom he happened to be walking! Wine he took very moderately, but water he enjoyed.[1] It was evident therefore that the seed sown by Dr. Lambe's theories fell upon fruitful ground in Shelley's mind. During his visit to Ireland, it seems, he fell from grace and resumed occasional meat-eating, but after his return and when his intimacy with the Newtons was resumed Harriet and he returned to strictly vegetarian habits. And in 1813 he published the famous " Vindication of Natural Diet."

It seems highly probable that at some time in 1817 or early the following year, either for Shelley or for some member of his family, Dr. Lambe's professional advice was sought, for in the collection of Mr. Walter Spencer, the well-known bookseller of Oxford Street, there was a cheque signed by Shelley and dated January 30th, 1818, payable to " Dr. Lambe or bearer " for the sum of ten guineas.[2] At all events we know that on September 23rd, 1817, shortly after the completion of " Laon and Cythna," he went to town to consult Mr. William Lawrence, a pupil of Abernethy, about his health and that on September 2nd Mrs. Shelley's child Clara was born at Marlow. She was attended by Mr. Furnivall, of Egham; but during the autumn months Shelley was staying with Leigh Hunt at Lisson Grove, and Dowden records that " the last month at Marlow January, 1818, was troubled for Shelley by serious indispositions," so that it may well be that during this period he fell back upon his friend of six years' standing for medical advice. It is tantalising that so few details, and these so meagre, have come to light regarding the effect of Lambe's teachings upon his most illustrious disciple, but, although it is anticipating that tragic parting by some five or six years, we will here record the fact that under date Tuesday, March 10th, 1818, the diary of Mary Shelley contains the brief entry: " Packing. Hunt and Marianne spend the day with us. Mary Lamb calls. Papa in the evening, our adieus."

The " Mary Lamb " thus referred to without the final " e " (which omission frequently occurs in the Lambe papers and correspondence) was the second daughter of Dr. Lambe, and was born during his residence in Warwick in 1796. As already mentioned,

[1] Hogg's " Life of Shelley."
[2] " Shelley: His Life and Work," by W. E. Peck, 2 vols. (Benn, 1927).

she married Mr. Saxe Bannister,[1] by whom she had one daughter, who became the mother of the writer of this memoir. Mrs. Bannister retained a very vivid recollection in her extreme old age of the farewell visit to the Shelleys, even to the exact detail of Shelley seeing her downstairs to the door behind the man carrying boxes ready corded for the next day's departure for Italy, a bourne from which one of the travellers never returned. During that part of the present writer's lifetime, over fifty years ago, in which Mrs. Bannister was still alive and in full possession of her faculties he found it difficult to impress his venerable relative with the idea of the full lustre that had enshrined the name of Shelley. For her, casting her memory back nearly seventy years, he had become a shadowy figure, slightly romantic perhaps, but—seen through the long Victorian vista—deplorably unconventional and, in fact, rather immoral. Her only other vivid memory of him was of his coming to a party given by her father when the Lambes were living at No. 2 King's Road (now No. 14 Theobald's Road, Holborn). His friend (and biographer) Hogg, whom she disliked, and the Newtons, then living in Dorset Square, were also present. The rest of the party wore, it is to be presumed, the customary evening clothes of the period, but she related that Shelley, who characteristically arrived late and whom she partnered in a country dance, appeared in morning clothes with an open shirt collar and his hair rather " tousled," but nevertheless bearing an unmistakable air of breeding and distinction. However, he was, she said, an awkward and unpractised dancer.

About 1809 Dr. Lambe married a second time, doubtless feeling the desirability of a helpmate to assist him in rearing his young family of children, of whom the eldest, Harriet, was only about fifteen years old, while Augusta, the youngest, was only eight. He then espoused Sophia Anne Saunders, a lady of about thirty-seven years, the daughter of a brother physician, Dr. Arthur Saunders, of Upper Berkeley Street. Unhappily, she also died six years later, in December, 1815, and for the remaining thirty-two years of his life he remained a widower, devoted to his profession, the relief of necessitous patients, his many friends, and his assiduous studies and researches in chemistry. The second Mrs. Lambe left one child, Catherine, born 1810, who lived until 1860 and died at Brislington, near Bristol. In 1805 there had appeared Lambe's second published work entitled "A Medical and Experimental Enquiry into the Origin, Symptoms, and Cure of Constitutional Diseases, particularly Scrofula, Consumption, Cancer and Gout." With notes and additions, this was reissued by J. Shaw, of New York, in 1854.

[1] Of Lincoln's Inn and Queen's College, Oxford; afterwards first Attorney General of New South Wales.

PERCY BYSSHE SHELLEY

FROM THE PAINTING BY GEORGE CLINT, R.A., AFTER THE CONTEMPORARY PORTRAIT BY MISS AMELIA CURRAN AND THE DRAWING BY CAPTAIN WILLIAMS NOW IN THE NATIONAL PORTRAIT GALLERY

(By courtesy of the Trustees)

CHAPTER III

JEFFERSON HOGG, in his so-called " Life of Shelley," possibly the most conspicuous example on record of how not to compile a biography, gives an account of the Newton family. " For some years," he says, " I was in the thick of it; I lived much with a select and most estimable society of persons who had ' returned to nature ' and I heard much discussion on the topic of vegetable diet. Certainly their vegetable dinners were delightful, elegant and excellent repasts—flesh, fowl, fish and game never appeared, nor eggs nor butter, bodily in their individual capacity; but the two latter were admitted with cookery; but as sparingly as possible and under protest. . . . We had soups in great variety, that seemed the more delicate from the absence of meat. There were vegetables of every kind plainly stewed or scientifically disguised; puddings, tarts, confections and sweets abounded. Cheese was excommunicated. Milk and cream might not be taken unreservedly; however they were allowed in puddings and sparingly in tea. Fruits of every kind were welcome. We luxuriated in tea and coffee and sought variety occasionally in cocoa and chocolate. Bread and butter, and buttered toasts were eschewed; but bread cakes and plain seed cakes were liberally divided among the faithful." Hogg says he conformed for good fellowship to this diet, and found it an agreeable change.

Of this charming society Dr. Lambe was considered, as Hogg calls him, the " Patriarch," and he thus describes a visit to his sanctuary: " One Sunday morning we actually assisted at an Arsenic Hunt. We dropped in upon the Patriarch, who, ever zealous in the good cause, had extemporised a laboratory in his parlour. He was certainly by no means blood-thirsty; but a mild and most merciful man. The best of men, nevertheless he had made himself look like a tiger. . . He was dressed in a suit of black, rusty black coat, waistcoat, shorts and gaiters, were all cloth, which in the good old times had been black. He was busy with his alembics, in hot pursuit of arsenic, luting his retorts with pipe-clay; and had been wiping the clay off his fingers from time to time all the morning not with a towel, but by drawing his hands across his cloths, so that when we entered the study of the alchemist he was barred and brindled all over with white stripes on a dark ground." Hogg laughs also at the great air of triumph with which some metallic lead

which the Doctor had just extracted from some water was once exhibited as trophy to the assembled company. He says, too, that the " Patriarch," who was very far in advance of his age, " once actually ate a raw potato, but I never heard that he ate a second." As a matter of fact, however, Dr. Lambe often ate raw potatoes, sliced in olive oil, as a salad for his breakfast. A patient once called to consult him, and while the Doctor was explaining his system of diet the servant brought in a dish of sliced raw potatoes. " What! " said the patient in horror, " must I eat this? " " Oh no," said Dr. Lambe, " it is for me." He thereupon ate them up to the wonder of his visitor.

The " Arsenic Hunt " is fully detailed by Dr. Lambe himself on p. 252 of the " Enquiry into the Origin of Constitutional Diseases" (1807) and "if," says Mr. Hare, "Mr. Hogg had condescended to soil his own Sunday clothes and watch the result of the Doctor's experiments he would, if capable of understanding them, have been deeply interested. Dr. Lambe has given us there [the result of] twenty-four careful experiments on the residue he obtained from the Thames water. He says (Exp. 22): ' A little of the same powder, mixed with charcoal was heated between two plates of copper. The copper received a stain entirely similar to that produced by arsenicated manganese treated in the same way, . . . Exp. 9 being similar to that produced by pure arsenic.' This is but one of an immense number of experiments, carefully varied, but all producing the same result." Dr. Lambe did not assert that free arsenic is found in water, but he said that from the polluted Thames and New River he obtained a " fetid oily residue " which contained some substance similar in its effects to arsenic and which, though harmless in its common forms, was brought into activity in water.

In 1804 Dr. Lambe was elected Fellow of the Royal College of Physicians and in the years 1806, 1815, 1826, 1828, he was chosen to be " Censor." This office, which still exists, was of high importance in the constitution of the College and was only filled by men held by their brethren in very deep respect. By 1805 Lambe was well established in his London practice and in 1810 was appointed physician to the General Dispensary, Aldersgate Street. In 1814, 1815 and 1816 he was Croonian Lecturer, and in 1818 Harveian Orator. He attended regularly the meetings of the Fellows and, although his peculiar opinions did not make him popular, he was held in great and deserving reverence. Occasionally he had distinguished converts to his views on diet—for instance Lord Erskine, Lord Haliburton, Mr. Brotherton, M.P., and two eminent medical men in the persons of the great Abernethy and the

famous Dr. Pitcairne, the latter seeking his professional advice. Dr. Lambe says in a letter to Dr. Samuel Parr in 1803: " I showed my preparations and explained my doctrines to Pitcairne, who was very attentive, and seemed to put as much faith as could be expected in one so extraordinary. I think and hope he will act upon it. Unless he can be saved by some such plan, he cannot be saved at all, if I judge by his haggard looks, his feeble voice and his cadaverous pulse." In writing to Parr, mentioning one of his own writings, Lambe says: " I have been advised to withhold the publication till I go to town . . . If I can do the greatest Doctor in London any good, the thing will come with so much weight before the public as to have infinitely more effect than premature publication."

Dr. Lambe, while at the Aldersgate Street Dispensary, had become acquainted with Dr. Abernethy, who was writing at the time his " Observations on Tumours " and who placed one of his cancer patients under Dr. Lambe's care and régime of vegetable diet and distilled water. He carefully watched the effects and has given the result of his observations: " My own experience on the effects of this regimen is of course very limited. Nor does it authorise me to speak decidedly on the subject. But I think it right to observe that in one case of cancerous ulceration in which it was used the symptoms of the disease were in my opinion rendered more mild, the erysipelatous inflammation surrounding the ulcer was removed and the life of the patient was in my judgment considerably prolonged."[1]

Dr. Abernethy proceeds to give chapter and verse for thinking that the theories of Dr. Lambe should be fairly " tried out," based on his observations of the case he submitted to Dr. Lambe for a period of three and a half years, during which his own directly opposite methods were thrown overboard; and there seems little reason to doubt that a man of such sterling honesty would have revised his opinions with no uncertain hand, had he had the opportunity. His views so far coincided with those of Dr. Lambe that they were in agreement as to the cause of many diseases originating in errors of diet; but, where he advocated a gradual reduction of the sum total of food consumed of the ordinary description, Lambe limited it very severely to a vegetable diet—taken in profusion, if desired—without fermented drinks and with distilled water. Abernethy himself, we are told, though he knew so well what the dire consequences to himself were likely to be, could not restrain his appetite, but used to eat freely at dinner and lie on the rug before the fire to digest it. His famous motto, " Live on

[1] " Surgical Observations upon Tumours," p. 93

sixpence a day and earn it," was supplemented by the advice he gave his patients at his own hospitable board, " Do as I tell you, not as I do." He was a great invalid and paid for his indiscretions by dying at the age of sixty-seven.

The Newton family were destined to become very nearly allied to the Lambes, Mrs. Newton's sister (*née* Collins), contrary to her father's wishes, had married a French refugee of aristocratic birth, who owing to the French revolution had lost his estates and was now penniless. Miss Collins, however, had a small income of her own and—which was of more importance—her own decided views upon matrimony. With her brother's and also her sisters' connivance, she and M. de Boinville, her lover, hired a carriage and four and made for Scotland, where the famous blacksmith at Gretna Green made them man and wife. The angry father chased them, but was too late and in the course of a few months became reconciled to the match. At his country house at Willesden(!) their first child Cornelia was born in 1795. Later there was a son, Alfred Chastel de Boinville, who married in 1817, while still a very young man, Harriet, the eldest daughter of Dr. Lambe. They had a family, one of whom, Charles, became a famous and saintly clergyman in the Methodist Church. The elder Mrs. de Boinville[1] (*née* Collins) became an intimate friend of Shelley, Thomas Love Peacock, the Godwins, the Lambes, and the Leigh Hunts. She must have been a remarkable woman, if only to have inspired Shelley's encomium upon her as " the most admirable specimen of a human being " he had ever seen.

A further and unique distinction attaches to the name of Dr. Lambe. The late Sir Sidney Colvin, in his " Life of Keats " (p. 47), refers to the poet's illness at Wentworth Place, Hampstead. Here, in February, 1820, he was taken violently and seriously ill, being then twenty-four years and three months old. During March, we learn, he gradually regained his strength, but in the following month the improvement failed to maintain itself and, being obliged to turn out of his Hampstead house, he moved to No. 2 Wesleyan Place, Kentish Town (near Dr. Lambe's own residence). Here he remained until June 23rd, after which he stayed for seven weeks with the Leigh Hunts. Colvin proceeds to quote from the diary of Mrs. Gisborne as follows :

> Wednesday, 12th July. We drank tea at Mr. Hunt's; I was much pained by the sight of poor Keats, under sentence of death from Dr. Lamb [*sic*]. He never spoke and looks emaciated.

The author of this memoir wrote to Sir Sidney (then Mr.) Colvin in December, 1923, pointing out the great probability that this entry

[1] *Vide* Appendix VII.

referred to Dr. Lambe, already an intimate friend of the Leigh Hunts and their circle. To this he made reply that, while he agreed as to the probability, he could find no corroboration " in any well-known contemporary source." It was reserved for an American lady, the late Miss Amy Lowell, of Brooklyn, U.S.A., in a " Life of Keats," finally to identify the great vegetarian as the physician who had, as Mrs. Gisborne so graphically puts it, " sentenced Keats to death." Says Miss Lowell:

> During his previous attack he had been attended by Dr. Bree and in and during his stay at Leigh Hunts by a Dr. Darling. By the second week of July Dr. Darling seems to have decided that a more expert opinion than his was needed, that somebody who might be considered a specialist should be called in consultation. The physician summoned was Dr. William Lambe. Dr. Lambe was, like Dr. Bree, a Fellow of the Royal College of Physicians and he was also a most kind-hearted and generous man. Considered a bit of a fanatic, being a pronounced vegetarian, his practice was not large, so that he lived out of town, at the same time maintaining a consulting room at 2 King's Road, Bedford Row, where he saw patients three times a week. Why Dr. Bree was not sent for was probably because in Keats's opinion he had not been too successful in his treatment of the last attack, and also because Keats's exchequer was not in a condition to afford him. Dr. Lambe, on the other hand, often gave his services to people who had not the money to pay for them,[1] and was moreover the author of a work on " The Cure of Constitutional Diseases ",[2] with particular reference to scrofula, consumption, cancer and gout, a fact which gave him a strong recommendation.

Dr. Lambe recognised the extreme seriousness of Keats's condition immediately and made no secret of his opinion, although, as Miss Lowell points out later (p. 441), he may very probably have spoken freely to the Hunts and Mr. and Mrs. Gisborne, but not so plainly to Keats himself. He was explicit in one thing: Keats could not survive another winter in England, and he must somehow contrive to go to Italy. This was a terrible decree to Keats, for it meant absence from his beloved Fanny and his other friends; it meant, too, meeting and seeing strangers, which was hateful to the unhappy neurasthenic he had become. In one of his letters, he writes that " this journey to Italy wakes me at daylight every morning and haunts me horribly. I shall endeavour to go, though it be with the sensation of marching up against a battery." As all the world knows, the mortally-stricken poet obeyed the doctor's orders, though well knowing in his heart that his end was drawing rapidly near, and, with his kind friend Severn, on the evening of Sunday, 17th September, 1820, he sailed from London Docks in the " Maria Crowther " for Naples. And so, by a strange coincidence, the

[1] " Never was a poor patient turned from the door at any of the hours of his attendance, and this most benevolent man assisted with money those who without it were unable to obtain the little luxuries necessary in sickness and the medicines he had prescribed."—" Lives of British Physicians," London, 1857, p. 40.

[2] See *ante*, p. 16.

other great lyrical English poet of the early nineteenth century completed his association with Dr. Lambe by a departure for Italy, where both were destined to lie in " some corner of a foreign field that is for ever England ":

> In that rich earth a richer dust concealed,
> A dust whom England bore, shaped, made aware,
> Gave, once, her flowers to love, her ways to roam,
> A body of England's, breathing English air,
> Washed by the rivers, blest by suns of home.[1]

Mr. Hare, in his memoir of Dr. Lambe, from which we have frequently quoted, had much ado to fill the fifty-four pages of which his booklet consists. He was obviously not in complete sympathy with the strict vegetarian diet which Dr. Lambe and some of his circle found so agreeable. In early life he himself had been a follower of Abernethy and his system of semi-starvation, and he says pathetically: " While suffering from the craving . . . of his system, I have often envied the cows feeding in a rich meadow, where they filled their bellies without injury with the food they longed for." Doubtless, in those days, for the strict vegetarian living among flesh-eaters, life presented a good many difficulties. Dr. Lambe himself, on that account, did not take his meals with the rest of his family. His hours, too, were different. He took neither tea nor coffee; his breakfast, about ten o'clock, generally consisted of bread, a plain cake, with fruit or salad, or both; and this was sufficient, for after seeing his patients in the morning, he would go out and he took nothing else till he came home to a later dinner. Moreover, he always read the evening papers before he came home and he had a walk of about three and a half miles to his residence in Kentish Town from King's Road, where he practised. He always walked, never by any chance rode, whatever the weather might be, and it is instructive to remember that at this time the art of waterproofing cloth by means of india-rubber had not been invented. His dinner consisted of vegetables, a pudding or pie, and often an onion dumpling—made like an apple dumpling, but with onion instead. To this he was very partial, but not so his family. After dinner he retired to his room and slept for several hours. He got up about the hour the rest of the family were going to bed—at ten or eleven—and sat up reading a great part of the night. He liked it, he said, on account of the quiet, and his daughters were wont to hear him making his way to bed, perhaps at two a.m., when he slept till nine or ten. During those hours of the night he would have a tray of provisions for supper and during all this time he drank nothing. He said that man was not a drinking animal—his erect form showed it—and if he lived upon fruit and vegetables he should not have thirst.

[1] Rupert Brooke: " The Soldier."

Mr. Hare sets forth in his pamphlet some general observations upon Lambe's system and that of the famous Abernethy (1764–1831). Lambe and Abernethy were agreed that almost all our diseases in England are caused by bad diet; but Lambe said they were due to our use of what he termed unnatural food—flesh, fermented drinks, and impure water. Abernethy prescribed twelve ounces of meat and stale bread daily, with a glass or two of wine; in fact a very severe system of semi-starvation. Dr. Lambe's regimen was " Eat what you fancy and as much as you can without distention; abstain only from animal foods, fermented (i.e., alcoholised) drinks and impure water." He further pointed out to his patients that the more one abstains from animal food the more one dislikes it, and that to a water drinker all fermented liquors are hot and unpleasant. All those, he said, who had tried the exclusively vegetarian diet would agree with Dr. Lambe that they did not suffer from thirst. Monkeys, who were vegetarians, did not drink, and were found in herds among dry hills where there is no water. Dr. Lambe's theories found numerous adherents, apparently, in America. His work " Additional Reports on the Effects of a Vegetable Diet " was published there in a " People's Edition," where it formed the basis of " Graham's Journal " and of " Graham's Lectures ", which, says Mr. Hare, " have circulated everywhere." A sect, or society, calling themselves Grahamites was also formed and is said to have become very numerous in the United States.[1]

During Dr. Lambe's latter years his habit of sitting up at night was much forgone and he went to bed at the usual family hour. He never however altered his diet and, though of a naturally mild and gentle disposition, he carried his convictions about vegetable diet to such an extent that it well-nigh became a religious belief and he its despotic high priest. Any infringement of the strict observances he had laid down for family use would bring on an outburst of indignation which so alarmed his family that they used to resort to deception, and this was not difficult owing to the Doctor's defective sight. Though not sharing his enthusiasms, when some of his daughters had married and quitted his roof they still continued, in order not to hurt their father, to whom they were

[1] Sylvester Graham, the founder of the cult, was born in 1794 at Suffield, Connecticut, and was a noted American reformer and writer on dietetics. He studied at Amherst College, and about 1830 was employed by the Pennsylvania Temperance Society as a lecturer. His experience in this vocation led him to the conviction that the prevention and cure of intemperance were chiefly to be found in the adoption of a purely vegetable diet, which he supposed would take away the desire for stimulants. He subsequently applied this theory in all cases of disease. He published in 1839 " Lectures on the Science of Human Life." He died in 1851. (*Vide* " Universal Dictionary of Biography and Mythology," by J. Thomas, A.M., M.D., Vol. I, p. 1068.)

much attached, to adhere to the diet in his presence. One of his grandsons recollected that when he was a lad of ten, on the old man's sudden appearance at the garden gate while the family were breakfasting off (among other things) a ham, great commotion was caused, the ham being thrust into a cupboard and all the stray pieces heaped on the plate of the carnivorous governess, who, ignorant of the reason, looked on in bewildered amazement.

Another amusing scene occurred in which the good Doctor, on discovering some breach of his rules with regard to distilled water, strode up and down the room in extreme agitation, pulling out of his pockets numerous pamphlets, with which he was in the habit of encumbering himself, pitching them first on one side and then on the other and exclaiming all the time, " Look at the facts! Look at the facts! " Ancient Adam (or should we not say Eve?) intrudes in the remark of one of the granddaughters to Mr. Hare: " I believe thoroughly in the good effect of vegetable diet, but it is so much easier to order a leg of mutton! " From his cooks, too, he encountered opposition, they declaring they could not make cakes and puddings without a little milk and butter.

As already hinted, few of his children adhered to the vegetable diet for any length of time after they quitted the parental home, the exception being his son Dr. Lacon W. Lambe, who persevered until he reached the age of fifty-five. He died at seventy-four. He was not so strict in his diet as his father and only abstained from flesh. The eldest daughter, Mrs. de Boinville, herself preferred vegetable diet and distilled water but brought up her children in the ordinary way in deference to her husband's wishes. The present writer's grandmother, Mrs. Bannister, said to Mr. Hare in 1871: " I am the one of the family who was the most inclined towards the vegetable diet, and who persevered in it the longest. I left it off, from indifference partly and from mere circumstances of convenience. I continued it many years after my marriage, which was late in life (she was then thirty-six years of age), and nursed my only child for eleven months with perfect success, entirely on the diet." Dr. Lambe had by his first wife five daughters and two sons. Of the sons, one went to Australia and died of fever, the elder, Dr. Lacon Lambe, dying, as above mentioned, aged seventy-three, in 1870. The daughters all lived to a great age. Mrs. Bannister was ninety-six, Augusta (Mme. Förster) was ninety-two, the other two, Mme. Aymard and Mme. de Boinville, both being nearly ninety at the time of their decease. So, for whatever it may be worth, there is evidence in the case of these four ladies of a good constitution formed in early life—possibly by adherence to a vegetable diet.

Reference has been made upon a previous page to some of Lambe's distinguished converts, and in this connection the following letter[1] from Lord Erskine, Lord High Chancellor of England (1750–1823), is a fine testimony both to the lofty consideration in which Lambe was held and to the illustrious writer himself:

Sir,

I have read the whole of the very learned and interesting work which you were so good as to send me, in which the theory you build on, is not only supported by a great many facts within your own experience, but which you have confirmed by the histories and manners of many nations. Indeed I can have no doubt that simplicity of food and of manners generally accompanying it are highly favourable to freedom from disease, and to long life; but I doubt whether it can be sustained that man is by nature an animal not carnivorous; though, if the Mosaic account is to be taken to have been dictated, or known by divine inspiration, or delivered down by tradition from our first parents themselves, man must originally have been so before the introduction of death into the world as the penalty of his transgressions, and I have always been particularly struck with the account of his origin in the first chapter of Genesis where, after in the 28th verse having had dominion given him over every living thing that moveth upon the earth, yet in the verse following, the herbs and fruits of the earth are alone given him for his food. But what change may have afterwards taken place in the human frame is insoluble; and if the books of Moses are of divine origin, every other part of the sacred scriptures must be equally so, where we find meat offerings acceptable to the Creator, and there are many passages in the Bible quite inconsistent with the belief that animal food is a departure from the nature or duty of man; but nothing of this in any manner breaks in upon your momentous and most useful consideration of the best means of overpowering chronic diseases before they have fatally established themselves in the human constitution.

Having myself had through life[2] the most happy and powerful constitution, but having during the last winter been confined for three months by an inflammation on my lungs to subdue which I was obliged to lose one hundred and sixty ounces of blood, yet I have found even now, though only beginning to be convalescent, that I have filled with blood again too fast and pains and inflammation have followed. I mean therefore for some time to come to live upon vegetables only, which have always agreed with me, but I must depend a little more upon culinary incitements than you are disposed to recommend, since to live in France entirely upon vegetables I should consider no sacrifice at all; but it is easy from the best cooks of that nation amongst us to obtain the best recipes for dressing them, and I see you do not apprehend the same danger from small seasonings from the spices as from spiritous or other fermented drinks. My valuable friend and physician, Dr. Hooper, a most learned man, forbids me more at present and warns me to be cautious of all excess.

As you seemed to approve of my little unpublished poem called "The Farmer's Vision," I have enclosed a line to Mr. Murray which will procure you a copy of it, if you think it worth the trouble of sending to Albemarle Street.

I have the honour to be, Sir,
your obedient servant,

Buchan Hill, ERSKINE.
Near Crawley.
April 29th, 1819.

[1] In the possession of the author. [2] He was then 69 years of age.

The following letter from Lambe and the reply thereto from Lord Erskine are attached in the original MS. to Lambe's " Reports on Cancer " in the British Museum.

My Lord,

As you were so obliging as to receive with favour the work I did myself the honor of sending you, I now take the liberty of requesting your acceptance of my first reports on the same subject, which contain the statement of the argument as a question of anatomy, which has ever appeared to me decisive as to the nature of the food we ought to employ. As to the medical point which was my principal object, perhaps you may not think the proof very convincing, but this, I assure you, is owing to the difficulty, I could almost say impossibility, of persons not professionals having a critical judgment of such questions, since the two cases I have given in the " Additional Reports " are really decisive of the propriety of the treatment, and I have had more recently fresh proofs of it. When I had the honour of seeing your Lordship, you seemed to fear that the distillation of water (a practice which I know to be essential in combination with a vegetable diet) was a troublesome and expensive process. It must be confessed that, when done on a very small scale, it is both the one and the other. But at that time, and for many years previously, I had used a method which answered very well, and I conceived that it might he made still more simple and effectual. I have since then put the plan to the test of experience and have succeeded so perfectly that I obtain several gallons of pure water daily, absolutely without trouble or expense, except the prime cost of the apparatus. Nor do I doubt from this experience that distillation properly conducted is really a less troublesome process than filtration. I availed myself of your Lordships kindness to get " The Farmer's Vision," from which I received much pleasure and beg leave to return you my thanks.

W. LAMBE.

King's Road,
July, 1819.

(*Reply from Lord Erskine.*)

I am of opinion that both this work and the other are deserving of the highest consideration. I read them both with more interest and attention from the abuse of the *British Critic* mentioned in the preface, as no periodical criticism ever published in this country is so uniformly unjust, ignorant and impudent.

ERSKINE.

September 5th, 1819.

The latter work of Dr. Lambe referred to by Lord Erskine is the " Additional Reports," published in 1815. Whatever the injurious effect upon the public mind caused by the unfair attack in the *British Critic* referred to by Lord Erskine, there were at all events not wanting sound and favourable judgments by journals of high repute. This appeared in the *Monthly Magazine* (1815):

If this had been a mere professional work, we should not have obtruded it on the notice of our readers. But, besides the soundness of its medical doctrines, it lays claim to general attention as a moral and philosophical disquisition on topics intimately connected with the happiness and improvement of the human race. It aims at the high object of extinguishing that numerous class of evils which torment man more than all other animals in the shape of diseases, by means that are indicated by nature, and that accord

with our best moral feelings. We shall not, however, affect to anticipate the doctrines which are so eloquently enforced in the subsequent extracts ; at the same time it is due to the learned author to state, that the space which we are able to allot to these specimens, enables us to render very imperfect justice to the system which he unfolds. Half the volume is occupied with details of cases, in which the vegetable regimen has succeeded in alleviating or curing chronic diseases, hitherto considered beyond the reach of human skill. Dr. Lambe shows, however, that such diseases are consequences of eating flesh, and drinking fermented liquors ; and that, on returning to the regimen indicated by Nature, the diseases disappear. Of the sufficiency of a vegetable diet, the Editor of the Monthly Magazine can quote himself as a corroborative proof of longer standing than the experience of Dr. Lambe, having abstained from flesh diet, owing to a sentiment of disgust when in his twelfth year, and having enjoyed vigorous health and spirits without the interruption of a day's severe illness during the subsequent period of thirty-four years.

Mr. Hare expresses the regret he felt, which must be shared by the present writer and his readers, that all the records of Dr. Lambe's later years' work were lost to the world. What, indeed, would not the literary world and its eminent biographers have given for a sight of his notes upon the health of those illustrious patients, John Keats and Percy Bysshe Shelley? The only record in the possession of the writer of the family connection with Shelley is a cordial letter from Mary Shelley to Mrs. Bannister, undated but probably written about 1845, enquiring if she possessed a copy of " Queen Mab," as she herself did not possess one and needed to see it for her forthcoming edition of Shelley's poems.

Jefferson Hogg writes to Landor at the close of 1830: " I sometimes see our estimable friend Dr. Lambe. It is almost impious to say that he is well, wise and happy, for the affirmative seems to imply a doubt of the efficacy of vegetable matter diluted with distilled water. The last time I met him he told me he had breakfasted on one raw cauliflower and was just going to dine on another, and in the evening he was to meet the whole College of Physicians about some professional matter. It is plain that if a man of his years can feed thus and then go boldly and look death in the face, his best friends have nothing else to wish for him save that God may give him grace to like his diet." And yet, comments his biographer, Dr. Lambe on this diet outlived all the flesh-eating College of Physicians, and was for many years their Senior Fellow.[1] His grandson related that, at the age of seventy-nine, he unexpectedly made his appearance at Henwood, the family residence about thirteen miles from Hereford, when they were all at breakfast. Dr. Lambe had, it appears, written to his son to say he was coming, but had not specified the day or time of his arrival. " We all greeted him warmly, but made no special enquiry as to the way he contrived to arrive so early. After a while he exclaimed with a kind of dry grunt peculiar to him, ' I have not passed quite so

[1] *Vide* Appendix VIII.

comfortable a night as you may imagine." He had started on foot from Hereford the previous afternoon, intending to walk all the way, but the dusk of the evening overtook him sooner than he anticipated, with the result that he lost his way. He thereupon got over the hedge into a field, selected the driest ditch he could find, deposited himself in it for the night, his only covering being a copy of *The Times* newspaper. Fortunately it was September and not winter, and certainly he was in no way the worse for it.

He began to fail at eighty, and, still without any actual organic disease, became gradually more feeble, but it is stated " appeared to enjoy life up to a very few weeks before he died." All his life he suffered from extreme myopia, which may have had some connection with his pronounced tendency to albinism. The sight of one eye had gone some years before his death, but he continued to read and write with the very little sight that remained to him of the other. He used a very powerful magnifying glass, and his grandson saw him poring over the Greek testament for hours, the tears running down his cheeks from the effort. He would then pause to rest his sight and again resume his reading with unabated ardour. Dr. Lambe died at Henwood, Dilwyn, 12th June, 1847, aged eighty-two years, and was buried in Dilwyn churchyard. The last of his descendants to bear his surname, Miss Jessy Lambe, of Hilltop, Dilwyn, Herefordshire, died in her ninety-first year on 15th November, 1926, with whose decease terminated a connection of her family with the neighbourhood of Dilwyn that had lasted for 275 years.

I think we may conclude, without undue bias, that William Lambe, putting it briefly, lived a life that was well-nigh a century ahead of his time. In an age when scientific enquiry into methods of living was frowned upon by his own faculty, and ignored by the populace, he devoted his attention to it. He boldly tackled the most deadly disease that afflicts humanity, and the cause of which nearly a century and a half later still defies detection—cancer and its allied complaints. He proclaimed aloud, by his writings and his example, his personal faith in what is to-day termed the simple life. If he sometimes exaggerated his claims and his methods, so do most pioneers. He nevertheless earned and retained the respect, and even the affection, of some of the greatest medical practitioners of his day. In his private life he was a devoted husband and father, austere, modest and simple. He sought neither fame nor fortune. To have lived such a life, which bridged the ultra-reactionary period of the Third George, the selfish extravagant fashion that characterised the " First Gentleman of Europe " and his court, and until ten years of Queen Victoria's beneficent reign had elapsed, showed that he was indeed no ordinary man. He well deserves the remembrance and respect of posterity.

APPENDIX I

The Arms of the Lambes of Biddney and Henwood, Herefordshire:

ARMS

Sable on a fesse or between three cinquefoils ermine a lion passant guardant gules between two mullets pierced of the field.

CREST

A demi-lion rampant gules collared or holding in the dexter paw a mullet sable.

APPENDIX II

Unpublished letter from Dr. Samuel Parr to Dr. Lambe, King's Road, Bedford Row (from the original in possession of the Author):

Dear Dr. Lambe,

If I had not felt towards you sincere respect and regard and given you a large credit for goodwill towards myself, I should not have ventured to desire a contribution for my chancel window. But I hold that in pecuniary matters every man should be left to his own judgement. I could readily excuse you for not caring as I do about the decoration [illegible] church. I was perplexed by your silence. I do not make many allowances for preconviction upon points of business. I supposed you unwilling to meet my wishes with a direct refusal and therefore I wrote you my second letter.

You will accept my best thanks, not only for your very handsome donation but for the very kindly letter which followed it. Mr. Parkes gave me the five guineas on Wednesday and on Thursday I had the pleasure of hearing from you.

The King will recover and we shall have no Regency. I am not sure that the appointment of the Regency would have called me to London. I have lived with the great and powerful, but I have never teazed them for preferment, and, though few men would be so bashful or could be more grateful than myself, yet after the death of

Mr. Fox I have never supposed that any contingencies in the disposition or views of the new administration would produce any effects favourable to my worldly interests.

At my time of life and with my habits of thought and action I am content with my [?] isolation for weighty and [?] reasons which will readily present themselves to your enlightened and independent mind. If any unforeseen event should ever convey me to the capital, you know, dear Sir, that I shall rejoyce to be introduced to Mrs. Lambe and exercise her—and her patience—with the fumes of tobacco. Present my best compliments and best wishes to her and to all your family.

I am most truly your friend and obedient servant,

S. PARR.

December 7th.

This day the Parkes, Mary [?] and Mr. and Mrs. Morris dine with me. I wish you and Mrs. Lamb were of the Party.

APPENDIX III

ROUGH, SIR WILLIAM.—Only son of William Rough of the Parish of St. James Middlesex; b. Aug. 21 1773 adm. Jan. 23, 1786; k.s. 1789. elec. to Trinity Coll. Camb. 1792 (adm. pens. June 6, 1792, Scholar April 12, 1793; B.A. 1796, M.A. 1799; adm. to Grays Inn Feb. 9 1796 but subsequently migrated to the Inner Temple where he was called to the Bar June 18, 1808; joined the Midland Circuit; Serjeant at Law May 30 1808; President of the Court of Justice Demerara and Essequibo 1814–1821; was suspended by the Acting Governor for having usurped " the privileges and functions of the executive " but the Privy Council on appeal decided in Rough's favour April 1825; appointed a Puisne Judge in Ceylon 1833, and became Chief Justice from March 13, 1836; knighted Aug. 7 1837; said to have contributed to Southey's Flagellant while at School and to have been one of the projectors of the University Magazine of 1795, while at Cambridge; author of Lorenzino di Medici (1797), and other works; m. June 26 1802 Harriet a natural daughter of John Wilkes; d. at Nuwara Eliya Ceylon May 19, 1838. (*Vide* " Dic. Nat. Biography," xlix, 314.)

APPENDIX IV

A Tablet to the memory of Benjamin Satchwell was erected in the old Well House at Leamington in 1892 at the cost of a well-

known inhabitant of the town, Mr. Tracy Turnerelli. It bears the following inscription:

Ye who drink of these waters
Remember
who in 1784, discovered and proclaimed
the health-giving virtues of this Spring.

This Tablet was, in 1892, erected to his memory by Edward Tracy Turnerelli.

"Ben Satchwell was a poor shoemaker, but when he lived royal Leamington itself in point of position and riches was not much better off than he was—consisting, as it did, of a few thatched cottages only and one small inn called 'The Dog.' One day Ben Satchwell, strolling out with his friend William Abbotts in the grounds attached to 'The Dog,' happening to pass a pool, saw that the water was curiously bubbling up in the centre. Ben Satchwell tried it, Abbotts tried it, their families and friends tried it; and all found its medical effects so salutary that the worthy cobbler started on a tour through England, visiting all the doctors on his route, inviting them to come and test these health-giving waters. Many did so, among them two great and noted physicians, Dr. Kerr of Northampton and a certain Dr. Lambe, who, having drunk and analysed the spring, found its properties truly marvellous."—From "Who was Ben Satchwell?" by Tracy Turnerelli, printed at Leamington, 1892.

APPENDIX V

Augusta, youngest daughter of Dr. Lambe, was born at the close of his residence at Warwick, on 4th July, 1801. She lost her mother when she was two years old and was largely brought up by her Berington relatives and by a sister of her mother, *née* Jane Welsh, of Plymstock, a suburb of Plymouth. During her residence at Plymstock there occurred the famous visit of the "Bellerophon" with Napoleon a captive on board. She and her aunt (who was extremely short-sighted) put off in a small boat to view the ship at close quarters. Augusta stated that she did not succeed in catching a glimpse of the illustrious person but that her aunt stared reverently and awe-stricken at a ship's bucket and remained firmly convinced to her dying day that she had seen him. Her niece remained an adherent of her father's vegetarian principles until she was twenty-eight years of age, when she went to France with her sister Mary to visit Mme. de Boinville (*née* Collins). There she met a M. Förster whom, despite parental opposition, she married in 1833. From that union have come a numerous cluster of descendants extending into five generations of healthy and highly intelligent

French citizens. She lived to a great age, retaining a charming personality and almost full possession of her faculties, dying at Havre on the 17th April, 1893, in her ninety-second year. She was the third daughter of Dr. Lambe to marry a Frenchman, but the descendants of the other two, Mme. de Boinville and Mme. Aymard, are all of British nationality.

APPENDIX VI

Henry Matthews (son of John Matthews, 1755–1826, of Belmont, Herefordshire, himself a physician and poet of some attainments), born 1789, educated at Eton and King's College, Cambridge. Left England in 1817, on account of ill-health, for the Continent and on his return published his well-known " Diary of an Invalid," containing a voluminous and interesting account of his travels. It was first published in 1820 and reached a fifth edition in 1835. In 1821 he was appointed Advocate Fiscal of Ceylon, and in 1827 became a Puisne Judge, but, unhappily, died in the following year. His son by Emma Blount, Dr. Lambe's niece, was Henry Matthews, Q.C., M.P., who was born in 1826 in Ceylon and graduated at the University of Paris, being barred from Oxford and Cambridge by having been brought up as a Catholic in obedience to his mother's wishes.

Later, he graduated B.A. and LL.B. at London University. In 1868 he took silk and became M.P. for Dungarvan and (in 1886) for East Birmingham. Lord Salisbury gave him the post of Home Secretary and so created the precedent of appointing the first Catholic cabinet minister since the passing of the Emancipation Act.

As Home Secretary, Matthews had some difficult cases to deal with for revision, notably the Lipski murder (in which his refusal to grant a reprieve proved correct) and the Maybrick case (in which his action was not so generally approved). In 1895 he was created a peer as Viscount Llandaff. He died unmarried in 1913 at the age of 86.

APPENDIX VII

For the following account of the de Boinville family and their connection with Shelley the writer is indebted to the Rev. Aubrey C. de Boinville, late Rector of Windermere.

John Collins Alfred Chastel de Boinville, known in his family as Alfred, married Harriet Lambe in 1817, being then nineteen years of age, while his bride was in her twenty-fourth year. Alfred de Boinville was the only son of Jean Baptiste Chastel de Boinville

and Harriet Collins, his second wife. He was born in St. Vincent, West Indies, in 1797, at a time when his father was by way of helping Dr. John Collins in bringing order into his estates after a general and riotous uprising of the negro slaves. Alfred was the second child of the marriage, the first child being Cornelia Pauline Engenia, born February 25th, 1795, who married Thomas Turner and died in Paris on October 25th, 1874. Alfred had also a half-brother Eugène, his father's son by his first marriage with Mademoiselle de Domangeville. But Eugène was brought up in France, served in the Army and was killed at Quatre Bras.

The family did not stay long in the West Indies and on their return to England went to reside at Watford in a house which Dr. Collins had obtained for them soon after their marriage. Alfred's father was much away from home, for, on Bonaparte's becoming First Consul, M. de Boinville made his way to France to get his name struck off the list of *emigrés* and to try to recover his fortune. During this period Madame de Boinville, much against her father's wishes, several times crossed the Channel with her children in a small boat in order to supply her husband with money.

The Peace of Amiens (March, 1802), however, found M. de Boinville at Watford. There it was announced to him by the local postmaster while he was entertaining several French friends, among them M. D'Arblay, the husband of Fanny Burney the famous novelist. As a result of this news M. de Boinville again left for France and did not meet his family for several years, when, for the sake of her daughter's health, Mme. de Boinville went for a time to Lisbon. On the way she saw her husband at Nantes, and later joined him in Paris on the return journey. Meanwhile Dr. Collins died and Mme. de Boinville had to return to England on business. Her parting with her husband on the occasion was final, for in 1812 he joined Napoleon's Grand Armée, went to Russia and during the disastrous retreat was frost-bitten crossing the Beresina, dying at Vilma on February 7th, 1813.

This event materially affected the fortunes of the young Alfred and his descendants. It meant that they became English and not French. Alfred had already entered Westminster School on September 17th, 1810, and had left it in 1812. He was then about thirteen years old, and left apparently because of his delicate health. For the same reason, early in 1812 his mother took him and his sister to Keswick, Cumberland, for a time. About this time or soon after, Cornelia became Mrs. Turner and settled at Bracknell, where Mme. de Boinville often stayed with her, if indeed we ought not rather to say that Mr. and Mrs. Turner stayed with Mme. de Boinville. It was here that Shelley became familiar with the de Boinvilles, and in their house he wrote the lines entitled " Stanzas,

April, 1814," which contain a reference to the de Boinvilles: "That house and heath and garden . . . the music of two rivers," etc. Two years later, in October, 1816, Alfred went to Oxford and entered Trinity College.

In the summer of 1816 Alfred's maternal aunt, Cornelia Newton, wife of John Frank Newton, a keen vegetarian, had died of cancer. During her illness she had been placed under the care of Dr. William Lambe. It was probably in this way, and certainly through the Newtons, that the de Boinvilles became ultimately connected with the Lambes.

Apparently Alfred did not take his studies very seriously, for on October 12th, 1817, Mme. de Boinville, writing from Ris (Seine-et-Oise) to her Newton nieces, says: " Alfred, you know, is married to your old friend Harriet Lambe."

APPENDIX VIII

The following reference to the death of Dr. William Lambe was made in the Harveian Oration before the College of Physicians by Dr. Francis Hawkins in 1848:

Neque vero, hoc loco, mihi silentio praetereundus est, quem nuper, gravem annis, amisimus Gulielmum Lambe quippe qui scientiae chemicae cultor esset haud spernendus, idem litteris humanioribus bene imbutus atque medendi certe haud imperitus. Particulas plumbeas in aquis latitantes scite evocavit. Simplex erat et apertus et mores aias modestissime, vita integerrima. Quod si paulo inconsultius carnem nobis omnino interdicere vellet, ignoscendum est tamen. Cuinam enim nocuit? Nemo quod sciam illi de hac re, nisi ipse sibi, dicto fuit audiens.

Vale! igitur lenis anima! Qualis neque candidior, neque innocentior altera ad plures.

(*Translation*)

Nor in this place can I pass in silence him whom we have lately lost at an advanced age, William Lambe, one who indeed was not to be despised in the science of chemistry, who was also learned in the classics and well skilled in the healing art. Skilfully he detected the presence of lead in water. He was simple, frank and of modest demeanour and of upright life. If he wished, rather rashly, to deprive us of flesh diet, nevertheless he must be forgiven. For whom then did he harm? So far as I know none, unless it were himself, for no one else paid attention to it.

Farewell, therefore, gentle spirit! No brighter nor more innocent soul ever ascended to heaven.

INDEX

Abernethy, Dr. John, 18, 19
" Additional Reports," Lambe's, 1
Aymard, Mme. (Anne Lambe), 10

Bannister, Mary and Saxe, 10, 15, 24, 25
Berington family, 5
Blount family, 3, 12

Cheyne, Dr. George, 1
Childe, Margaret, 4
Childe, Sir William, of Kinlet, 4

de Boinville family, 10, 20, 24, 25, 31, 32

Erskine, Lord, 18, 25
" Ethics of Diet, The," H. Williams, 1

Förster, Mme. (Augusta Lambe), 10

Godwin, William, 14
Graham, Sylvester, 23

Hare, E., 1, 22
Hawkins, Dr. Francis, 34
Hogg, Jefferson, 17, 27
Hornyold family, 5

Keats, John, 20, 21

Lacon, Anne, 4
Lacon, Roland, 4
Lambe, Anne (Mrs. Aymard), 10, 24, 32
Lambe, Augusta, 10, 24, 31
Lambe, Lacon William, 10, 24
Lambe, Peniston, 3
Lambe, William, of Sutton Valence, 3
arms, 3; of Lincoln's Inn, 4; purchases Bidney, 4
Lambe, Dr. William, birth and education, 5; first marriage, 5; introduction to Parr and Landor, 6; advocacy of Leamington water, 6; conversion to vegetarianism, 9; goes to London, 10; goes to Kentish Town, 10; F.R.C.P., 10; death of first wife, 11; attended Shelley, 15; second marriage, 16; experiments, 17, 18; appointments, 18; patients and cures, 19; home life, 24; diet, 27; death, 28
Landor, Dr., 6
Landor, Walter Savage, 6, 11
Leamington, 9
Leigh Hunt, 15
Lowell, Miss Amy, 21 *et seq.*

Matthews, Henry, 12
Melbourne, Lord, 3

Newton, John Frank, 13, 14, 20

Parr, Dr. Samuel, 6, 7, 11, 19, 29
Philosophical Socy. of Manchester, 8
Pitcairne, Dr., 18

" Return to Nature," Newton's, 1
Rough, William, 7, 30

Satchwell, Ben, 30
Saunders, Dr. A., 16
Shelley, Mary Wollstonecraft, 27
Shelley, Percy Bysshe, 14 *et seq.*
" Simonidea," Landor's, 11

" Vegetarian Jubilee Library," 1

Welsh, Harriet Mary, 5
Welsh, Captain John, 5
Wilkes, John, 8
Williams, Howard, 1

Griffin & George –
(Distilling apparatus)
Ealing Rd
Alperton. Wembley

Vicson Ltd
145 Pinner Rd
Harrow. 01. 427. 8211